

Getting Motivated to be Healed
John 5:1-15

We hurt in three ways:

1. Physically
2. Emotionally
3. Relationally

"You have seen me tossing and turning through the night; you have collected all my tears and preserved them in your bottle. You have recorded everyone in your book." Psalm 56:8 (LB)

How did Jesus motivate this man to be healed?

1. Jesus helped the man admit his need.

"Do you really want to get well?" John 5:6

Six remedies for hurt that don't work:

- Don't ignore it

"There was a time I wouldn't admit my sin but my dishonesty made me miserable and filled my days with frustration." Psalm 32:3

- Don't run from it

"I wish I had wings like a dove, I'd fly away and find some rest. I'd flee to some refuge from this entire storm." Psalm 55:6, 8

"Then he told them what they could expect for themselves, "Anyone who intends to come with me has to let me lead. You're not in the driver's seat. I am. Don't run from suffering. Embrace it. Follow me and I'll show you how. Self-help is no help at all. Self-sacrifice is the way to finding yourself, your true self. What good would it do to get everything you want and lose you, the real you." Luke 9:23-23

- Don't hide it

"I kept quiet, not saying a word, but my suffering only grew worse. I was overcome with anxiety." Psalm 32:2, 3

- Don't worry about it

"I am worn out by my worries." Psalm 55:2

"I am so worried I cannot speak." Psalm 77:4

"Don't give in to worry or anger, it only leads to trouble." Psalm 37:8

- Don't resent your hurt

"When my thoughts were bitter and my feelings were hurt, I did not understand you." Psalm 73:21-22

- Don't give up.

"From the depth of my despair, I call to you Lord. Hear my cry, Lord – listen to my call for help." Psalm 130:1, 2

"I bring God all my complaints, I tell Him all my troubles. When I'm ready to give up, He knows what I should do!" Psalm 142:2, 3

2. Jesus helped the man to stretch beyond himself

"Get up! Pick up your mat and walk." John 5:8

3. Jesus helped the man be healed spiritually.

"See, you are well again. Stop sinning or something worse may happen to you." John 5:14